

**“Discovery, Recovery & Self-Respect”
 To Thine Own Self Be True
 CoDA Texas Spring Retreat & Fellowship
 March 27-29, 2019**



Texas Hill Country at Camp Lone Star, 2016 Camp Lone Star Rd. in La Grange, TX
 Questions? Call Yumi. at 925-787-5422

Early bird registration-before Mar 1: Deposit of \$80, refundable or transferable until Mar 10, 2019, remainder payable at retreat, cash or checks only.

Please make checks payable to CoDA Texas.
 Mail to CoDA Texas, P.O. Box 1331 Tomball, 77377-1331

There are scholarships available!! If you would like to apply for one contact Yumi M at 925-787-5422

	Check Option
Fri-Sun, 2 nights + 5 meals (Saturday through Sun Breakfast	\$160 _____
After Mar 10:	\$180 _____
Saturday only + 2 meals, (lunch & dinner)	\$100 _____

My Name: _____ Phone: () _____ - _____
 Address: _____ Email: _____
 My Roommates: _____

2020 Spring Retreat Agenda - Proposed

Fri Mar 27, 2020

- 5:00 to 8:00 pm Registration Desk Check-In
No Dinner. Please bring a snack to share
- 7:00 to 10:00 pm Introductions, Ice-breaker, games, Mail Boxes, Karaoke

Sat Mar 28, 2020

- 7:30 to 9:00 am Registration Desk Check-In
- 8:00 to 8:45 am Breakfast
- 9:00 to 10:15 am Workshop: Recovery through Creative Journaling- Camille J
- 10:15 to 10:30 am Break
- 10:30 to 11:45 am Workshop: The Self-Respect of Boundaries
- 11:30 to 12:00 pm Meditation Hike or Free Time
- 12:00 to 1:00 pm Lunch
- 1:15 to 2:30 pm Workshop: Overcoming Fear Through Painting - Denise S
- 2:45 to 3:15 pm Break or Journal
- 3:30 to 4:30pm Workshop: Restore Your Body with Yoga - Ruth G
- 4:30 to 5:30 pm Open CoDA Meeting
- 5:30 to 6:30 pm Dinner
- 6:45 to 8:00 pm Speaker: Open -To Thine Own Self Be True
- 8:00 to 8:45 pm S'mores & Singing at the Campfire
- 9:00 to 12:00 pm Men/Women's Meetings followed by Games & Activities, Mailboxes and Support Notes

Sun Mar 29, 2020

- 8:00 to 8:45 am Breakfast
- 9:00 to 10:15 am Morning Meeting
- 10:30 to 10:45 am Break
- 10:45 to 11:45 am Affirmations and Closing
- 12:00 to 1:00 pm Lunch